

## Program Data Sheet

Name of Program: Group Exercise Classes		
Date: Feb 2004	Day of Week: M-F	Time:
Location: Fitness Center	Information Phone #: 3090	Price: No cost
Program Coordinators: Jeanette Coffman		
Phone #: 4771	Fax #:	e-mail Address:
Purpose of the Program: Provide a variety of group training classes throughout operational hours to enhance customers exercise options.		

Actions:	
Class attendance was recorded at each session: Customer opinions were gathered. Team Teaching initiated in Cardio Sculpt	
Results:	
Positive results from Team Teaching: Adding variety to classes as well as teaching opportunities.	
Elements to Change:	
Elements to Add:	
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Adding a Prep-Step class, 1 <sup>st</sup> Wed of each month 1645-1705 prior regular step class for Participants new to step	

## After Action Report

Financial Analysis		
Sales:		NA
COGS:		
Other Revenues:		
Labor:		
Other Expenses:		
NIBD:		

Program Analysis	
<b>Attendance: Averages</b> Yoga-12 Pilates-11 Step-10 Power flex: 11 noon, 3 Pm. Kick Box-15 Cycle-11 Abs-4 Cardio-sculpt-13 Step sculpt- 9	<b>Feb. 2004</b> CS – 1300 Class decreasing in size. GC- Noontime attendance often at Maximum. SA-Class attendance has increased. SS- Well attended. PF- Monday noon class, booming, evening class lagging
<b>Elements to Change:</b>  Look closer at Abs class, very low attendance. Monthly focus class, ex. Double step, yoga for strength.	
<b>Elements to Eliminate:</b>  Eliminating Monday evening group cycle	
<b>Elements to Add:</b> Adding Prep Step Class 1 <sup>st</sup> Wed. of each Month beginning Feb. Trying Pilot Early Bird Fat burn cycle March 22, 0630.	
<b>Other Comments:</b>	